



Wisdom at Work

Google Mindfulness and Meditation Retreat For SeaKirk Staff and Guests With Joel & Michelle Levey Nov. 24, 2013

A sampling of comments and reflections on the day:

- ❖ I was surprised by how fast the day flew by. Wow.
- ❖ Time stretched during walking meditation sessions.
- ❖ I really liked the gratitude meditation and found I had a never-ending list of things and people in my life to be grateful for.
- ❖ It was valuable to get a direct experience of “the tip of the mindfulness pyramid” (i.e. resting in awareness or the hub of awareness or clear presence.)
- ❖ I noticed how much quieter my mind can get in just one day like this. Much deeper and quieter than just my short daily practice.
- ❖ I look forward to applying what I have learned today.
- ❖ I like the practice of dedication.
- ❖ Positive experience, thank you. The day flew by like a moment!
- ❖ Great treat to do something like this with my spouse!
- ❖ Nice thing to be able to spend such a beautiful day and to deeply enjoy the moment.
- ❖ It struck me most that I really like quiet – and I don’t get enough of it. I miss it.
- ❖ Really enjoyed the gratitude meditation. I hadn’t done that before. Wonderful!
- ❖ The eating meditation was awesome. Each little seed and morsel to savor....
- ❖ What a vivid day of aliveness.
- ❖ Wow! More techniques that I can use on my own to develop my meditation practice.

Also See Feedback from 2012 Retreat below

Dr. Joel & Michelle Levey
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Google SeaKirk Mindfulness and Meditation Retreat Nov. 2012 With Joel & Michelle Levey

Initial Intentions and hopes for the Retreat:

- ❖ Deepen my meditation practice
- ❖ Quiet my mind and get fresh perspective
- ❖ The meditation class was tremendously helpful and I came today to consolidate my learning and dabble a bit deeper in practice
- ❖ Work techniques into daily life more deeply
- ❖ I'm curious
- ❖ Expand my outlook and apply meditation to life direction
- ❖ Find greater peace of mind
- ❖ Reconnect, get back into the gym of my mindfulness practice
- ❖ Develop my ability to be present in the moment and aware of what is happening
- ❖ Cultivate a more meditative mind in my life and work
- ❖ Be more aware of fears and confusions and let them go better
- ❖ Be more in the moment
- ❖ See things as they are
- ❖ Deepen my meditation practice
- ❖ Walk to the edge and look beyond where I have gone to this point, go deeper, hone my ability to meditate
- ❖ Filter out the noise and take a longer view
- ❖ Quiet my mind and transform my self
- ❖ More focus on what I really care about
- ❖ Deepen being fully present

Reflections at the end of the day:

**What was most valuable for you from today – or –
what do you want to remember from today?**

- ❖ Taking time to mentally transition from one activity to another is really helpful.
- ❖ Coming back to the compassionate, spacious, attitude as a foundation for my mindfulness practice and to keep re-centering myself in that awareness.
- ❖ Pausing often for self-reflection in conversations – checking to see what I'm feeling and aware of within myself.

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- ❖ I'll try to work on being more mindful when I'm out and about doing many things.
- ❖ The meditation practice actually got easier as we progressed during the day.
- ❖ Watching distractions come and go can be very interesting and I don't have to lose my mindfulness to do that! Wow!
- ❖ Remember to practice every day or my skills will fade.
- ❖ Mindful eating was a most mind opening exercise. Wow! Really seeing how even a small amount of food can be so satisfying and interesting.
- ❖ Be able to watch distractions – and let them go without getting caught up in them is an amazing practice. Also, remembering to smile with mindfulness is very powerful and stabilizing for my meditation.
- ❖ New perspectives today – found motivation to change my focus. Walking meditation was very powerful and a big take-away for me. Every step can offer a treasure trove of experience!
- ❖ I learned that I could not get caught up in pursuing a goal and being in control and that it's nice to let go and simply enjoy the moment for what it is and offers.
- ❖ I learned that as Michelle said, "One cannot die of restlessness!" and that the world doesn't end if I'm off email for a day.
- ❖ The Guesthouse poem was significant for me. My mind is like a war zone. I will see things as they are and incorporate these practices into my daily life.
- ❖ The image of practice being like digging a tunnel that needs continuous attention was significant for me. Nice analogy that's helpful to keep in mind.
- ❖ I realize that I need to be more kind to myself.
- ❖ I really like the pacing of today's session and the rich blend and variety of different experiences. Thank you.

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